



THANK YOU SCARBOROUGH WOMEN'S CENTRE!!!

I've always worried for my future. When it came to finding a career that fit my skills, I was genuinely lost. For the longest time, I knew what I wanted to do. I just didn't know how to get there. But then a string of fortunate events led me to

Scarborough Women's Centre.

I've always wanted to be a writer—it was what I was good at, and meeting Lynda Kosowan renewed my hope. I was hired as the Communications Coordinator on a one-year contract. I was given the tasks of running our social

media pages, writing grant applications, and then later contributing content to the Scarborough Mirror. At first, my new position was daunting, I didn't think I could do it, but the more time I spent at the Centre, the more I began believing in myself. Lynda helped me strengthen my words, rebuilt my confidence, and taught me the importance of 'context'—a lesson I'm still learning. Working alongside a staff of strong women was not only surreal, but needed. This organization gave me a purpose, extended my reach, and I have accomplished so much in the year I was here. It was an honour to be a part of SWC's team. They will forever hold a special place in my heart. Thank you for giving me a chance and helping me to grow.

I'm not sure where the wind will take me next, but what I do know is that I will now be prepared for it.

Daycia Patterson, *Communications Coordinator*

EXPANDING OUR REACH THROUGH THE GENDER EQUALITY NETWORK

Through our Expanding the Reach: Outreach to Women with Disabilities program, we have been facilitating a project aimed at promoting the economic security and inclusion of women with disabilities in the workforce. The funder, Status of Women Canada also asked us to identify three women leaders to participate in the development of the Gender Equality Network Canada. This network is made of up approximately 130 women leaders who are working to advance gender equality across Canada. Our women leaders are: Fran Odette, Doris Rajan, and Lynda Kosowan. To date, they have attended conferences in Toronto, Halifax, and Vancouver.

The goals of the Gender Equality Network Canada are to:

- Increase the visibility of the women leaders and the causes they champion
- Provide unique opportunities for organizations and women leaders to collaborate and advance gender equality issues
- Develop a national action plan to unite and strengthen the women's movement in Canada.

A panel was organized in Vancouver by the Disabled Women's Network Canada (DAWN Canada) in partnership with Doris Rajan of the Institute for Research and Development on Inclusion and Society (IRIS), and Fran Odette to increase participant awareness of what inclusion means to different marginalized groups such as: women

with disabilities, Indigenous women, racialized women, Trans women, non-binary, and gender non-conforming peoples.

Participants in the conference were then asked to reflect on the questions below. Responses were gathered for further analysis. The goal of this ongoing discussion is to develop a plain language checklist for inclusion that can be used when designing and implementing projects. The questions are:

- Do you attempt to include these groups of women and people in your work? Which groups? How?
- What groups of women and people are missing in the work you do? Why do you think they are missing?
- What kind of support or information do you need to include them?

We look forward to sharing our ongoing learning with you and to the upcoming GENC meetings taking place in Saskatoon and Montreal. If you are interested in learning more about our project, please contact Melissa at program@scarboroughwomenscentre.ca or 416-439-7111 x 3.

Melissa Simas, MSW, RSW
*Program Coordinator, Expanding the Reach:
Outreach to Women with Disabilities*

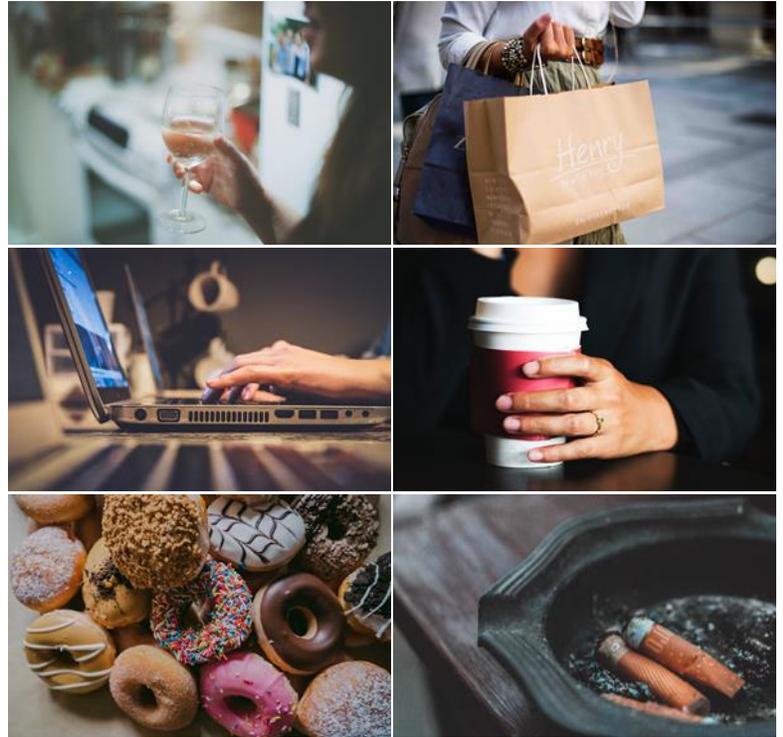


WHAT ARE YOUR ADDICTIONS?

What are your addictions? What do you crave or do without restraint, without a desire to ever stop even if it becomes harmful to you? Consider what you do that effects your physical, emotional, or even spiritual well-being. Does what you are doing give you peace or the more you do a particular thing the more you want to do it? There is no balance in regard to this thing. It can be a food, a person, work, a cause, all good things, but without boundaries it becomes an obsession, or even a burden.

Process what works for you and what doesn't. Understand what stresses you and what gives you pleasure or peace. Pursue what is healthy and enjoyable for you. The reverse is to pursue something until it hurts you and others. Get help for what you are struggling with and choose a way of getting help that works for you. Do it at a pace you can handle, and when you are ready to work on the issue, continue until you gain success.

Jacynth Fennell, Counsellor
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HOW DO WE BEGIN TO DEVELOP PERSONAL POWER?



The beginning is really quite simple... Know Yourself. This might sound incredibly simplistic. You might think, "I already do" or "Why should I know more of myself when I would rather not shine the light on what appears to be somewhat deficient and possibly painful?" For some, it's too scary (or significantly undervalued) to see the real "self" within. The truth is, without this intimate relationship, this inner knowing, a person can be left feeling lost in the ocean of their own life. Much like the rudder that directs the boat in the direction that the sailor would like to go, you can be guided to incredible places with the wisdom that defines who you are and what you need in any given moment.

Knowing others is intelligence; knowing yourself is true wisdom. -Lao-Tzu

Once you step into self-awareness, you can begin to unlock the gateway to greater personal power. You then have the power to make decisions from that place and to develop strategies that will assist you to manage the inevitable challenges or difficult emotions that arise.

So many have lost touch with their unique desires and the capacity to love themselves fully and unapologetically. If we resent ourselves, we see defects, flaws and imperfections. When we adore every part of who we are, we become unshakable. Maya Angelou said, "no one can dim the light that shines from within". Let your truth begin to reveal itself, your natural radiance to shine brightly, and your gifts to exist in the world in a way that only you can.

Carol Soares, RSW, Counsellor
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WOMEN AT THE CENTRE IS A PUBLICATION OF SCARBOROUGH WOMEN'S CENTRE.

LETTERS AND SUGGESTIONS ARE ALWAYS WELCOME. PLEASE FORWARD TO:

LYNDA KOSOWAN, MSW, RSW, EXECUTIVE DIRECTOR AND EDITOR AT ed@scarboroughwomenscentre.ca

DESIGN AND LAYOUT: KALUM PERERA

**FIND US
ON SOCIAL
MEDIA!**



IDENTIFYING MY CAREER GOALS AT SCARBOROUGH WOMEN'S CENTRE



In my tenth grade Careers class, an aptitude test told me I was best fit for a career in counselling, a field I then added to an exhaustive list of careers I considered pursuing. I had dreams of being an author, a teacher, a doctor, and even an ice cream truck driver. My career choices switched based on what fascinated me most at any given time. Choosing a single career was never for me, and while I thought I'd leave that phase in high school, I did not. After switching majors at least twice, I graduated with a degree in global health last November, still confused.

That's why I joined the RBC Career Launch Program, a rotational internship for new graduates to explore three careers in one year. Through this internship, I was able to work in retail banking, and now at the Scarborough Women's Centre where I have supported the work of Expanding the Reach, Young Women's Outreach and more. I've hosted several workshops which has been a highlight for me, getting to know our service user base. By dabbling in different projects at SWC, I am getting closer to identifying what career will be for me. I'm excited to take my learnings to RBC's corporate departments, and to continue on as a volunteer with SWC. Thank you, Scarborough Women's Centre for the experience so far, and to RBC for the opportunity to explore careers at SWC and beyond!

Farah Mustafa, RBC Career Launch Associate

BUILDING STRONG FUTURES: A PROGRESSIVE CHANGE

As a program for young women, we are constantly reviewing and updating our workshops. We focus on creating workshop topics relevant and current to the issues young women face.

For more than 5 years, we have offered workshops on rape culture and had dialogues concerning sexual harassment in a time when the news media wouldn't mention anything on it, unless it was to report a crime or slut shame a woman. So, when a few years ago we were approached to facilitate a co-ed workshop on sexual harassment, we said yes. It seemed like a natural and progressive next step we could take towards facilitating healthy dialogues between two groups who, aside from having their own different narratives on the topic, were still being fed the notion that sexual harassment is "only a woman's issue". This was an opportunity to not only debunk that myth but to help normalize a conversation within a safe environment.

The "Time's Up" & "Me Too" movements and the general open discussions our culture is having on sexual harassment and assault, have really helped youth. Our work has always had a natural parallel with social movements, but we've been able to see the positive impact of that cultural shift. Youth are becoming more involved with social movements, from creating school clubs to online communities to using their social media platforms. We've seen young women share their experiences through beautiful poetry, creative digital artwork and online account pages filled with meaningful supportive messages. Yes, there

is still change to be made but seeing how more young women and men are confidently participating in our discussions and being more sensitive to the shared content, is a progressive change to be proud of.

Priscilla Arias, Program Coordinator,

Building Strong Futures: Young Women's Outreach

Thank You to Mackenzie Investments Charitable Foundation, and Kiwanis Club of Toronto Foundation for your continued support in the empowerment of young women!



OUR GENEROUS DONORS - THANK YOU!

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FOUNDATIONS & N.G.O.s

The George Lunan Foundation, J.P. Bickell Foundation, Mackenzie Financial Charitable Foundation, McCarthy Tetrault Foundation, The McLean Foundation, Ontario Realtors Care Foundation, Royal LePage Shelter Foundation, Shoppers Drug Mart LIFE Foundation, St. Andrew's Charitable Foundation, United Way Greater Toronto, Women's Xchange - Women's College Hospital

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GROUPS

Agincourt Civitan Club, Canadian Federation of University Women (Scarborough Chapter), Chine Drive Public School, Elementary Teachers of Toronto, John McCrae Sr. Public School, Ontario Power Generation Employee & Pensioners' Charity Trust, The Rotary Club of Agincourt, Unifor Social Justice Fund

INDIVIDUALS

Anonymous, Mary Abadjian, Rachel Aghaegbuna, Anita Agrawal, Katharine Allan, Susan Andoseh, Jill Andrew, Mahisha Balani, Marie Bomba, Christopher G. Bradley, Carolyn Borovicka (CBA Management Services), Nicole Bruiners, Sameen Chatoo, Carole Chauncey, Samantha Clarke, Antonio & Audrey Colantonio, Elaine Dandy, Chimnoy Das, Cheryl L. Denomy, Filomena de Sousa, Marie Duplessis, Loretta Fines, Lynn Fournier-Ruggles, Stephe Fung, Jenna Furguele, Karen Spencer Goslin, Tara George, K Wendy Gray, Karen Grimshaw, Kerri Harris, Tahira Hassan, Debbie Herridge, Julie Hiroz, Wai-Man Hui, Shu Jian, Carina Kedersha, Sabrina Khela, Jenna King, Larry Kosowan, Lynda Kosowan, Nan Kosowan, Anne and Pedro Leon, Venesse Lewis, Jen MacBruce Bonsu, Judy Machado-Duque, Matilda Margousian, Judit Marincan, Douglas Mark, Nancy Maxwell, Beth Purdon-McLellan, Catherine Molyneux, Nanthini Namasivayam, Kavitha Narasimha, Janice Nicholson, Fran Odette, David Pauli, Phulmatie Persaud, Vivienne Poy, Savita Rajakannu, Irene Rey, Carol Rheume, Henna Sethi, Rekha Shah, Torrey Shanks, Uzma Sharif, Neeti Sharma, Lambrini Soulos, Estate of Ms. Mitra Indira Singh, Lovedeep Singh, Brian Simon, Penelope Stuart, Nabeel Syed, Nadia Taylor, Dimitra Tsagaris, Katie Wicik, Joanna Wright, Arifa Mohammad Yaqub

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EXTERNAL EVENTS

Canadian Federation of University Women (Scarborough) Fashion Show, Scarborough Toyota Community Outreach Campaign, Shoppers Drug Mart Growing Women's Health Campaign, TDSB Learning Centre 3 Talent Night, White Ribbon Campaign - Centennial College, School of Transportation



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